

Conference Record: Telephone interview between Shannon Bingham, Western Demographics on behalf of Littleton Public Schools, and Tonya Rowe, Executive Director of Communications and Community Relations, Bellingham Public Schools

Topic: Change in School Start Times

- 1) **How has the change in start times gone for your district?**
 - a) Extremely well. The first week of implementation was our smoothest week ever!
- 2) **What are your former and new start times for elementary, middle, and high school?**

a) Elementary school:	8:30 before;	8:00 after
b) Middle school:	9:15 before;	9:15 after
c) High school:	7:45 before;	8:30 after
- 3) **What aspects of the change have produced challenges?**
 - a) Elementary start times – our community has a lot of stay-at-home moms and dads who liked the later start time.
 - b) Working families liked the earlier start time for elementaries. Supervision at elementaries starts at 7:30, and these families have said that has helped.
- 4) **What school level has experienced the most challenges?**
 - a) Elementary. The longest bus routes start at 6:55 a.m.
- 5) **What school level has experienced apparent benefits?**
 - a) High school. Right away, teachers were noticing that students are more chatty and awake.
 - b) High school also went from a 6-period day to an 8-period day and we were able to add more courses.
- 6) **Have there been any traffic/transportation/operations challenges?**
 - a) It took lots of hours to redo snow routes.
 - b) There was a lot of re-routing in general.
 - c) Parent communication has been really important with these changes.
- 7) **What parent feedback have you received?**
 - a) Lots of positive feedback from high school parents and staff.
 - b) Elementary parents are looking forward to high school.
 - c) Some elementary kids are sleepy (again, early and long bus rides could be part of this).
- 8) **What impacts on extracurricular activities have been observed?**
 - a) Athletics: we worked to reduce our travel schedule.
- 9) **What feedback have you received from staff?**
 - a) High school staff – positive.
 - b) Not much feedback from others.
- 10) **What feedback have you received from coaches?**
 - a) Had to troubleshoot game days.

11) What follow-up research will you support after the change?

- a) Families blog with the superintendent.
- b) Not yet having any university research conducted.

12) What advice do you have for Littleton Public Schools?

- a) Over-communicate.
- b) Allow time for implementation.
 - i) We started in 2015 and abandoned our first proposal.
- c) Use a committee.